

# Survivors Supporting Each Other

## When a Life is Stolen

Bereavement after homicide is quite unlike any other grief process. Survivors retain very raw emotions such as shock, disbelief and anger then followed by an overwhelming sadness.

If you are bereaved by the murder of a loved one, extended family member, co-worker or friend then you are invited to attend our self support meetings, as we help each other survive the lasting after effects of homicide.

## What Happens at Meetings

Meetings will begin with introductions and a topic to guide discussions for the evening. We will strive to have guest speakers on specific subjects of interest.

Initial contact will be made with Victim Services of York Region. You will then be contacted by a member of our group.

Victim Services of York Region  
905-474-2955  
[www.victimservices-york.org](http://www.victimservices-york.org)

## Our Guidelines

Guest Speakers

A place to honour and remember

Confidentiality

What is spoken here stays here

Nonjudgmental

Non denominational

Social relaxed atmosphere

We walk the journey with each other.